

# Managing Stress, Building Resiliency Workshop

Is stress impacting your work life and health?  
Join Invest EAP for a 1-hour workshop.

- Gain a better understanding of stress.
- Learn to recognize you are stressed.
- Learn stress management and reduction strategies to use in your daily life.
- Choose a stress management tool that you will use.

**Newport- April 17th**

**Middlebury- May 10th**

**Williston: May 22nd**

**Montpelier: June 12th**

**White River Jct: June 26th**

**All workshops are from 12-1pm**

For more information or to register:

<https://mybluehealth.bcbsvt.com>

Eligible employees can earn 30 point towards the  
2018 *Wellness: Your Way* Incentive Program

